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Metro still No. 1 free daily: Stats

NADBank The numbers are in, and we're still No. 1. According to the latest Newspaper Audience Data-bank (NADbank) results released yesterday, Metro Canada has reinforced its position as the most-read free daily in the country.

Metro Canada now reaches 1,180,000 readers every weekday and 2,552,200 weekly readers in Halifax, Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver. That's more than a six per cent boost in daily readers and a six per cent increase in weekly ones from the 2008 survey.

"The Metro brand has solidified its leadership position from coast to coast," said Bill McDonald, group publisher for Metro English Canada. "Readers and advertisers alike turn to Metro first every day for information, ideas and inspiration."

The NADbank results reflect last fall to June.

"It is very gratifying to see how Metro Canada continues to grow an audience and with Metro Halifax increasing circulation 40 per cent since its launch, I am anxiously awaiting the most recent Halifax readership numbers, which will be available in about two weeks," said Metro Halifax publisher Greg Lutes.

METRO HALIFAX

News on the Move

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On the web

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THROUGHOUT THE DAY**

KidSport Large breaks boards



Doug Large, head instructor at Chimo Taekwondo, breaks boards with his elbows during Sport Nova Scotia's Milk Sport Fair at Exhibition Park yesterday. Large broke 1,000 boards in around 20 minutes as part of a fundraiser for KidSport, a program dedicated to helping kids get involved in organized sports.

On guard for thee

City school board votes to require singing of national anthem

KRISTEN LIPSCOMBE
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Halifax area schools will now be showing their true patriot love for Canada daily.

At their first public meeting of the 2009-10 year, Halifax Regional School Board members voted unanimously last night in favour of a new policy stating the national anthem must be played or sung every day, in every school.

Board staffers developed the policy at the request of the Education Department, a move likely par-

tially sparked by the O Canada controversy started at a New Brunswick elementary school and swept across the country early last year. Principal Erik Millett received hundreds of emails, and even death threats, when news spread he had stopped playing the national anthem every day at his Springfield school based on religious grounds.

Policy co-ordinator Kim Matheson told board members last night during the meeting in Dartmouth most of the municipality's schools are already playing O Canada daily. "However, it wasn't all schools."

The new policy also states students can be exempted from "patriotic exercises where there is a parental/guardian request in writing." Teachers are required to provide a copy of the official O Canada lyrics to their students, while students are asked to demonstrate "proper etiquette during the playing of the national anthem."

School board vice-chairman Steve Brine had several questions for staff, including how "proper etiquette" and dignity for students who don't participate can be ensured at all schools.

Matheson said deciding

on "appropriate behaviour during the playing of O Canada" is left to individual schools. But board chairman Irvine Carvery asked staff to have all schools report back on their individual anthem procedures to ensure they're "being applied consistently across the board."

District 5 board member David Cameron said the national anthem debate has touched Halifax — he received his first "hate mail" recently from someone who wasn't impressed with the proposed policy.

"The national anthem is something we should be very proud of," he said.

Steele-toed shoes laced up for NDP budget

PAUL MCLEOD
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POLITICS Today is hot potato budget day in Nova Scotia, with every political party seemingly trying to punt it to someone else.

Budgets are usually joyous events for governments, but this one doesn't fall into that category. The NDP has already said there will be a \$590 million deficit thanks to increased spending and lower revenues.

The government says it's reintroducing the spring Conservative budget because it was too late to craft a new one coming into power in June.

"Commitments that were made to (District Health Authorities), commitments that have been made to municipalities, were all contained within the budget they brought down. So it's very difficult to make any real, substantive change," Premier Darrell Dexter re-iterated yesterday.

Finance Minister Graham Steele is highlighting that point with his feet. Much ado is always paid to the footwear worn by the Finance Minister as he releases the budget. This year Steele said he would wear previously worn shoes to match the second-hand budget.

But opposition parties are calling it a NDP budget and say they'll have to answer for it. Liberal Leader Stephen McNeil said the government has left their mark with moves like removing the tax from home heating fuel.

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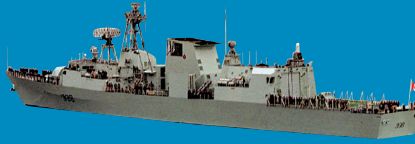



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Local



Warships set sail

A group of Canadian warships left Halifax yesterday for a five-week training exercise in the Eastern Atlantic Ocean and the North Sea of the British Isles. HMCS Athabaskan, Montreal and Preserver will be joined en route by HMCS Halifax, which is already at sea, for what is being called Task Group Exercise 6-09. METRO HALIFAX



News in brief

AIRPORT The Halifax Stanfield International Airport has stepped up its services for travellers. The airport announced yesterday that its first moving sidewalks are now working, "carrying passengers through the over-road pedway between the parkade and the terminal building." Tom Ruth, president and CEO of the Halifax International Airport Authority, said in a news release that the moving sidewalks would provide "easier and faster access" from the recently constructed covered parking area to the building. "Travellers, especially those with mobility issues, now have a higher level of service."

METRO HALIFAX

metronews.ca
WHAT'S ONLINE TODAY

Video Toronto police release security footage of missing 17-year-old, at metronews.ca/canada
Video Canadian officials scrap mock battle scenes in promoting the Afghan mission on Capitol Hill, at metronews.ca/world

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Students brace for strike at NSCC

KRISTEN LIPSCOMBE
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Kristina Gullion is hopeful her Nova Scotia Community College classes won't be cut short by a strike.

But the 22-year-old construction management technology student said she understands why her teachers are considering taking their cause to the picket lines. Of the NSCC workers who cast their ballots Tuesday, 93 per cent of faculty members and 90 per cent of professional support staffers voted in favour of taking job action, a Nova Scotia Teachers Union news release stated.

"Obviously it will affect me — I will be behind in class," Gullion said yesterday as she left the community college's Waterfront Campus in Dartmouth.

However, she said most of her classmates who were discussing the potential strike "are kind of understanding the teachers."

NSTU president Alexis



Students at the NSCC Waterfront campus leave school yesterday. Teachers and support staff have voted in favour of striking to try to get a wage increase and improved benefits.

Allen said yesterday union members "have sent a loud and clear message to the government that something should be done."

She said the union has sent a strike notice to Labour and Workforce Development Minister Marilyn

More, who also happens to be education minister. "When we do decide a date, we have to give her 48 hours notice."

The 900 faculty members and support workers have been without a contact since last Aug. 31. The

union said it had to file for conciliation when several issues couldn't be resolved, including length of contract, salary and insurance benefits.

Premier Darrell Dexter told reporters yesterday the budget to be unveiled today

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will affect all provincial salaries, but he wouldn't say whether there's new money that could impact the community college employees. "The strategy for negotiating those (contracts) is complex."

During question period, the Tories asked Dexter if he would consider back-to-work legislation, but he brushed off the question, stating he believes in the collective bargaining process.

Allen said the NSTU is waiting to see if "the government can step in," adding the union will hold "strike school sessions" with community college workers as early as next week.

WITH FILES FROM
PAUL MCLEOD

Police seek suspect in attempted child abduction

PHILIP CROUCHER
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Halifax Regional Police are searching for a suspect after a man tried to abduct a young girl walking home from school, police said.

The 10-year-old told police she was approached by a man in a vehicle on Tuesday around 3:45 p.m. and ordered to get inside while walking in the area of Auburn Drive and Thornhill in Spryfield. When she

refused, police say the man got out of the vehicle and came toward the girl. The girl told police she hit the man with her book bag and ran home, where she told her parents. A subsequent search by police failed to turn up a suspect.

"We're currently looking into the complaint we received (Tuesday)," spokesman Brian Palmeter said yesterday. "We have asked an officer who is trained in interviewing young children to meet with the com-

plaintain and try to obtain additional information.

"Our school response officer is also meeting with schools in the area and providing assistance and information to students on things such as Stranger Danger."

Police describe the suspect as a black male, with a medium build and short black hair. He is between 35 and 45 years old, driving a grey or silver four-door vehicle. WITH FILES FROM

THE CANADIAN PRESS

Precision BioLogic planning to expand Dartmouth operations

SCIENCE A Nova Scotia life sciences company says it will create up to 30 new jobs over the next five years while it expands its operations in Dartmouth.

Precision BioLogic Inc. is receiving a payroll rebate of about \$445,000 from Nova Scotia Business Inc. to assist in its growth, a news release said yesterday.

The company is also participating in BioPort Atlantic 2009, a biotechnol-

ogy and life sciences conference that kicked off last night with an opening reception and continues today at the Halifax Marriott Harbourfront Hotel. Global investment icon G. Steven Burrill of San Francisco will speak today at noon.

The eighth annual conference is hosted by the Nova Scotia Biotechnology and Life Sciences Industry Association.

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Halifax Regional Police and Halifax RCMP, along with the Halifax Regional School Board, are hosting the sixth annual Cops 'n Kids Camp tomorrow through Sunday. A total of 85 youth will attend from Grade 7 and up to establish and maintain positive relationships between officers and youth. **METRO HALIFAX**

Cops 'n Kids Camp kicking off

CEO defends tidal turbine

Critics argue technology to generate energy threatens fish

The manufacturer of a tidal power turbine to be laid onto the sea floor of the Bay of Fundy unveiled the technology yesterday, dismissing concerns from critics who say the project threatens marine life.

The 10-metre turbine has the appearance of a giant jet engine sitting on a tripod about half the length of a football field.

James Ives, CEO of the Irish firm OpenHydro, said a barge will carry the turbine during a four-day journey into the Minas passage by late October or early November.

Once in place just off Parrsboro, the turbine's 16 runner blades will begin whirling beneath the seas, powered by some of the world's highest and most powerful tides. The structure will not contain any lubricants.

Nova Scotia Power CEO Rob Bennett said his company — which is backing the test project — foresees tidal power eventually providing as much as 10 per cent of Nova Scotia's energy generation.



A large tidal power turbine rests at a metal fabrication plant in Dartmouth yesterday. Nova Scotia Power will test the unit in the Bay of Fundy over the next year or two.

ation.

"We would envision 200 to 300 units like this strategically placed around the Bay of Fundy, extracting energy from the tides."

But critics of the project say there is strong evidence that such a large number of underwater turbines in the fairly narrow passage could severely harm fish species.

"When you have enough turbines out there taking up enough volume of the water, you're going to have a high probability of encounters between fish and blade," said Mike Dadswell, a biologist at Acadia University in Wolfville, who has studied the marine species in the Bay of Fundy for over three decades.

Ives argued that his company's observations of its smaller, government-administered test site off the Scottish coast hasn't shown fish mortality.

"We've been testing for three years, and we haven't recorded in all of our testing a single incident with a marine mammal," he said.

THE CANADIAN PRESS

Opposition says too many being denied caregiver funds

ALLOWANCE Opposition politicians are expressing concerns that too many Nova Scotians are being rejected for the province's new Caregiver Allowance Program.

NDP Health Minister Maureen MacDonald spent a large part of question period in the house yesterday fielding questions from Liberal and Conservative members who say they are hearing from a large number of people who are wondering why they don't qualify.

In August, the NDP rolled out a Tory program to give family caregivers a \$400 monthly allowance while it works on its own version of the program.

MacDonald says the pro-

gram is based on a set of five standardized criteria and people must meet all five to qualify.

She couldn't provide numbers on how many people have applied and how many have been accepted, but she committed to do so and added the government intends to learn from any limitations in the current program when it introduces its own next year.

Liberal critic Diana Whalen says the government should have considered the limitations before the program was rolled out and is now in a position of potentially disappointing hundreds of people who should be getting help.

THE CANADIAN PRESS

Assault charge laid after house party

CRIME An Indian Brook man has been charged with aggravated assault after an incident at a house party on the weekend.

Jeremiah Justin Paul, 25, was arrested Tuesday outside a motel in Millbrook.

RCMP say a 50-year-old man was assaulted in the small native community

near Shubenacadie early Saturday morning.

The victim is expected to remain in hospital for several months, where he's being treated for serious facial injuries.

Paul was being remanded into custody until a bail hearing scheduled for yesterday.

THE CANADIAN PRESS

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HOLIDAYS

Maritime Travel

Aggressive plant invades Canada

It's been known to snap hydro poles, swallow buildings and smother forests. Now a plant described as the vegetable form of cancer has invaded Canada. Kudzu has spread north across the border into southern Ontario. Scientists believe warmer temperatures have stretched the vine's range to Canadian soil from the United States. **THE CANADIAN PRESS**

5

Canada



Shake off the salt, says study

Canadian food processors and restaurant chains could cut out a lot more salt and help save lives without adversely affecting the quality, shelf life or texture of their ketchup, French fries, soups and sauces, says a leading health advocacy group. Citing new research that shows salt levels vary widely among similar products, a study by the Centre for Science in the Public Interest, released today, challenges the food industry's argument that high levels of salt are needed to preserve product integrity. **TORSTAR NEWS SERVICE**

Feds won't ban imports of cat, dog furs: Memo

TRADE Blame the seal hunt if you find out you're wearing Fluffy or Rover. The federal government won't ban imports of cat and dog fur because doing so might undermine Canada's support for the seal hunt, a newly released document shows.

An internal memo shows government officials urged Agriculture Minister Gerry Ritz not to follow the United States and Europe in barring cat and dog fur from entering the country.

Officials worried a ban would weaken Canada's argument against other countries closing their borders to its seal products.

Abuse claims

- Animal-rights groups accuse China and other Asian countries of inhumane handling and killing cats and dogs for their fur.

"A ban could have implications for the farmed fur industry in Canada and for Canada's position against the banning of Canadian seal products by other countries," the memo says.

The Canadian Press obtained the document under the Access to Information Act.

THE CANADIAN PRESS

Texting won't hurt spelling, says study

LANGUAGE A new study suggests teens who crumple the English language into bite-sized chunks while sending instant messages aren't losing the ability to spell.

Parents and teachers have long worried that teens who type phrases like "LOL" and substitute the letter "u" for "you" will eventually forget how to write a proper sentence.

But new research from the University of Alberta suggests that kids who are good spellers remain good spellers whether texting on their cellphone or writing words out in full.

Those who have trouble spelling normal English words also tend to mess up in text messaging.

Author Connie Varnhagen says researchers looked at the way students between the ages of 12 and 17 communicated over instant messaging and then gave them traditional spelling tests.

Varnhagen says using the new language of messaging can actually provide a bit of a brain workout for teens, since they have to concentrate to translate back and forth from standard English terms.

THE CANADIAN PRESS

Quebec Tearful speech



Former hostage Ingrid Betancourt bursts into tears in a speech to members of the Quebec legislature after she received the medal of the National Assembly yesterday in Quebec City. Betancourt was held for almost seven years in Colombia.

Canada boycotts Iranian address

Leader's remarks 'disgraceful': PM

Canada protested Iranian President Mahmoud Ahmadinejad's "disgraceful, insulting" declarations by boycotting his speech to the UN General Assembly, Prime Minister Stephen Harper said.

"There is no way I am going to permit any official of the government of Canada to be present and give any legitimacy to remarks by a leader like that," Harper said in Oakville, Ont.

He said Canada believes Ahmadinejad's abuse of human rights, detention of innocent people and "disgraceful, insulting" declarations about Israel and the Holocaust should be protested.

"President Ahmadinejad has said things, particularly about the state of Israel, the Jewish people and the Holocaust, that are absolutely repugnant," Harper said.

"It is unfitting that

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somebody like that would be giving those kinds of remarks before the United Nations General Assembly ... There are times when things are being said in this world that it is important that countries that have a moral compass stand up, make their views known and our absence there will speak volumes about how Canada feels about the declarations of President Ahmadinejad."

Harper has not addressed the UN General Assembly in three years, even though Canada is seeking a Security Council seat.

THE CANADIAN PRESS

Man admits procuring weapons in terror case

LAW A Toronto man admitted yesterday to procuring weapons, arranging false travel documents and trying to recruit extremists for a domestic terrorist group that planned bloody attacks on Canadian targets.

In a lengthy agreed state-

ment of facts, the Crown told court how Ali Dirie, who pleaded guilty Monday, was close to the alleged co-leader of the so-called Toronto 18 and continued his role in the conspiracy even while incarcerated.

Dirie knew the group fol-

lowed an "extremist interpretation of Islam" and intended to commit terrorist acts, Crown lawyer Clyde Bond told Ontario Superior Court.

Those acts were for a religious purpose and meant to "intimidate the public," Bond said.

Justice Bruce Durno convicted Dirie, 26, of one count of taking part in and helping a terrorist group. That makes Dirie the third person now convicted in the plot to bomb Canadian targets such as RCMP headquarters.

THE CANADIAN PRESS

No charges for religious leaders

KRISTEN THOMPSON
Metro Canada



BOUNTIFUL Two fundamentalist religious leaders from the Interior community of Bountiful, B.C., won't be tried for polygamy-related offences after a British Columbia Supreme Court judge quashed the charges.

Winston Blackmore, 52, and James Oler, 44, were investigated earlier this year on the suspicion of having more than one wife — which is illegal.

When authorities and a special prosecutor opted not to charge the men for fear of violating their reli-

gious freedoms, then-Attorney General Wally Oppal appointed a second special prosecutor to review the case.

Yesterday, Madame Justice Sunni Stromberg-Stein said Oppal didn't have the authority to appoint a new special prosecutor, and threw out the charges.

Nancy Mereska, a retired social activist who's devoted the past six years of her life to a campaign called Stop Polygamy In Canada, said she's devastated by the decision.

"We are back to square



Blackmore

one," she said, breaking down. "The polygamists will see this as a great victory. I'm sure that (Blackmore is) laughing right now."

Mereska said the legal system is placing greater importance on religious rights than on the rights of women and children.

"I called Audrey Vance, with the committee in Creston to help women and children escape polygamy, and she said, 'If they suspect someone has marijuana, they (arrest them). Why is it not the same with polygamy?'"

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Dugard case gives mother hope

The discovery of American Jaycee Dugard, who was found recently 18 years after being kidnapped, brings new hope, the mother of Madeleine McCann said yesterday. McCann vanished in May 2007 a few days before her fourth birthday during a family vacation on Portugal's southern coast. **THE ASSOCIATED PRESS**

7

World



Phillips says she had sex with famous father

Former child star Mackenzie Phillips said yesterday her father, John Phillips, a leader of the 1960s pop group the Mamas and the Papas, raped her when she was a teenager and that her sexual relationship with him later became "consensual." Phillips writes in her new book, *High on Arrival*, that she had sex with her father on the night before she was to get married at age 19, according to *People* magazine. Phillips, 49, who starred on TV's *One Day at a Time*, said the relationship lasted a decade and ended when she became pregnant and didn't know who had fathered the child. She had an abortion, which her father paid for. **THE ASSOCIATED PRESS**

News in brief

LOS ANGELES A man already accused of killing two women and suspected in the deaths of as many as 30 more was charged yesterday with raping and murdering five other victims. John Floyd Thomas, 73, was charged with killing the women between 1975 and 1986. The women had all been strangled. Thomas will stand trial for all seven deaths simultaneously. LAPD detectives believe Thomas may be responsible for killing as many as 30 women.

SWEDEN Robbers used a helicopter yesterday in a spectacular raid of a cash depot in Stockholm, breaking into the building through the roof and flying off with bags of cash, police and witnesses said. The predawn heist stunned police in the Swedish capital, who were unable to deploy their own helicopters to the scene because of suspected explosives placed at their hangar. **THE ASSOCIATED PRESS**

Obama challenges world leaders

Time has come for world to move in a new direction, U.S. president says

In a blunt challenge to his nation's critics, U.S. President Barack Obama yesterday exhorted world leaders who once accused the United States of acting alone to now join with him in solving global crises rather than wait for America to do it on its own.

In his first address to the UN General Assembly, Obama sought to set a new tone in U.S. relations, moving away from the unilateralism of his predecessor, George

W. Bush. He coupled conciliatory words about a "new era of engagement" with a summons for other nations to shoulder more of the burden.

"Those who used to chastise America for acting alone in the world cannot now stand by and wait for America to solve the world's problems alone," Obama said.

Obama said past policies and a perception of unilateralism by the United States had fed "an almost reflexive anti-Americanism" that too often was used as an excuse for inaction.

"The time has

come for the world to move in a new direction," Obama said before a UN chamber packed with more than 100 of his global counterparts.

While Obama continues to be popular around the world, he has struggled with many international issues, including the war in Afghanistan, negotiating peace between Israelis and Palestinians and winning passage of climate change legislation ahead of a global conference in December.

The speech comes one day before Obama hosts a two-day meeting of the world's major economies in Pittsburgh,

Gadhafi rips UN

• In his first United Nations appearance, Libyan leader Moammar Gadhafi issued a slashing attack on the UN Security Council and chastised the world body yesterday for failing to intervene or prevent some 65 wars since the UN was founded in 1945.

where he is likely to encounter resistance to his proposals aimed at correcting global imbalances that many believe contributed to the worldwide recession.

At the UN, Obama received applause when he entered the room. Iranian President Mahmoud Ahmadinejad did not join in the applause.

THE ASSOCIATED PRESS

Dog-fighting ring busted in day care

CHICAGO Blood spattered the garage of a home day care that was also the base of an alleged dog fighting ring, authorities said yesterday, describing battered and malnourished dogs and the devices used to train them found not far from where children played.

Police said four people were arrested, and felony dogfighting charges are pending against several of them, including the day care operator's husband. Nine battered dogs — four of which were puppies — were rescued, police said.

"The dogs were in horrific condition," Cook County Sheriff Tom Dart said. "This is as bad as we've seen."

Dart said about 10 children were found in the day care during the raid Tuesday, but they were not in the immediate vicinity of the dogs. **THE ASSOCIATED PRESS**

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Comment

Clicking with textual innuendo

Relating

Sofi Papamarko

metronews.ca/papamarko

Hi: I had the naughtiest dream about you last night!
Her: I dreamt about ponies!
Him: I guess we both got what we wanted! ;)
Technology has made so many aspects of our lives infinitely simpler.

Count flirting among them.

As mobile technologies and social networking become increasingly prevalent, people have embarked on this Brave New World of communication by totally hitting on their friends (and the friends of friends).

Ever leave a flirtatious Facebook photo comment, "poke" a crush or fire off a suggestive 3 a.m. text after ingesting enough Jägermeister to cripple a small yak?

You're not alone. A report by the Pew Internet and American Life Project sug-

gests 22 per cent of Facebook and MySpace users are flirting up a storm.

So why is flirting-via-technology so enticing?

"People have become extremely reliant on technology and gadgets today," says radio talk show host and flirting expert Susan McCord of beavertalk.com. "I think it's basically due to accessibility and laziness ... it's easier to just send (a text or email) than to have a long, drawn-out phone conversation."

Sociology professor and relationships expert Dr. Pepper Schwartz of the Univer-

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

sity of Washington in Seattle offers another theory:

"Low exposure and vulnerability," Schwartz explains. "(Flirting by way of technology is) a quick way to 'test the waters.' If someone doesn't respond, it's not as awkward as it would be face-to-face."

So we're all a bunch of yellow-bellied cowards. Basically.

Flirting via text and social

media tools provides a safety barrier in case of rejection. We're able to explore and escalate the desires of others in a detached fashion, making it a less personal way to get personal. ("I like you as a friend" stings far less when delivered in pixels.)

Hot, hot text can also be useful for pre-existing couples. It stokes the fires of long-distance or long-term relationships and serves as an extended form of foreplay.

"We often flirt-text when we're both out for the evening," says Jackie, a

young professional who lives in Toronto. "While he's out with the boys, I want him to be thinking of me, and not the short-skirted girl one table over."

Textual innuendo is just a way of letting someone know that you're looking forward to the next time you'll be in the same physical space as them ... or a casual way to attempt to infiltrate someone's physical space in the first place. (Poke.)

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

'Birthday greetings' for Saudi Arabia

GlobalView

Mona Eltahawy

metronews.ca/globalview

Saudi Arabia has just turned 79. Relatively young, but old enough to know that it is morally disgraceful to treat women like children.

The country that sits on the world's largest oil reserves is the only one that denies half its population the right to drive. Saudi women cannot vote, cannot drive, cannot be treated in a hospital or travel without

the written permission of a male guardian, cannot study the same things men do and are barred from certain professions.

To mark her country's birthday, Saudi women's rights activist Wajeha al-Huwaider wants you to write to women in your government and urge them to pressure the Saudi government to end the system of male guardianship of women in Saudi Arabia. Consider it a campaign to finally let Saudi women grow up.

She asks that you also write letters, via Saudi embassies, addressed to Saudi King Abdullah — who many Saudis believe is a reformer

but whose hands are tied by conservative members of the royal family and clerics.

The guardianship system basically puts a male relative in charge of women's lives. Imagine the humiliation of an adult woman needing the permission of a man — at times much younger than her — to do the most basic of things, such as being admitted into a hospital. Almost 60 per cent of university students in Saudi Arabia are women — so it's not a question of capability.

Some women are "lucky" enough to have male relatives who do not abuse the system. Their male relatives, for example, sign a

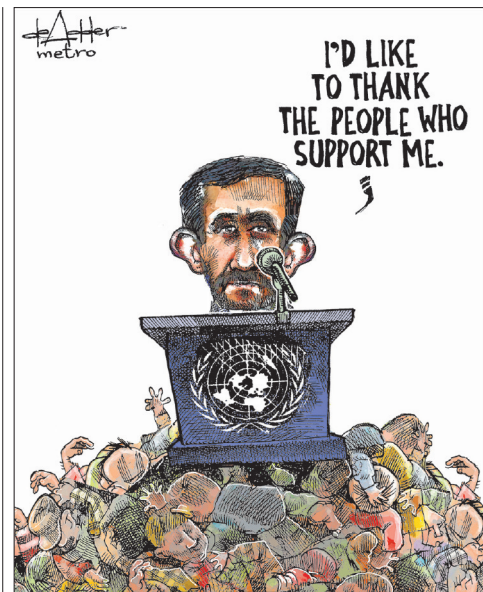
letter granting unlimited permission to travel.

But why subject women to the whims of men and officials?

Just look at Saudi Arabia's neighbours to see that its outrageous treatment of women has nothing to do with Islam but more with its own customs. And listen to Wajeha al-Huwaider to understand that there are Saudi women courageously fighting for their rights and who deserve our support.

Send those "birthday cards!"

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

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U.S. bank slowing recovery program

With the economy on the mend, the U.S. central bank said yesterday it is slowing the pace of a program to lower mortgage rates and prop up the U.S. housing market. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Poor divide widens

Low-income families face social exclusion: Report

The poorest Canadians are struggling to pay for life's necessities, forcing them to do without such everyday basics as eyeglasses, dental care and furniture — and the recession has only made their plight worse, says a major think-tank.

In a study released today, the Canadian Centre for Policy Alternatives paints a disturbing picture of how the poor are unable to afford many of the goods and services most Canadians consider "reasonable for normal living" in modern society.

Entitled The Affordability Gap: Spending Differences Between Canada's Rich and Poor, the report argues that

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widening divide also means low-income Canadians face a greater risk of "social exclusion."

Forget cellphones, personal computers or high-speed Internet. Basic recreational activities are out of reach for most, making the poor less likely to splurge on even a newspaper. Their children often go without sports

equipment, the report said.

Add the recession and rising unemployment levels to the mix and some economists argue the affordability gap will widen.

"The poorest 20 per cent of Canadian households live in worlds far removed from the richest 20 per cent," said Steve Kerstetter, the study's author and a research associate at the centre.

The study largely bases its findings on household spending data collected by Statistics Canada. Average spending for the poorest households totalled \$22,339 in 2007, while the richest 20 per cent spent about \$143,361.

TORSTAR NEWS SERVICE

Harper says Tory policy helped repatriate Tim's

To hear Prime Minister Stephen Harper tell it, his financial policies helped repatriate the Timbit.

Harper met with Tim Hortons executives today after shareholders of the multinational coffee chain voted to reorganize as a Canadian public company.

Parent company Tim Hortons Inc. announced in June it intended to shift its corporate ownership back north of the border, saying it would save on taxes and make international expansion easier.

Following his meeting just west of Toronto in Oakville, Ont., Harper championed his tax policies, saying lower taxes are attracting business to Canada.

Harper says Tim Hortons' decision to return to Canada from the United States shows the government's tax strategy is working.

The iconic purveyor of coffee had been registered in Delaware for nearly 15 years as a result of its purchase by U.S. burger chain Wendy's in the 1990s.

"Tim Hortons' return in the midst of the global recession is a

clear signal that Canada is poised to come out of these tough times stronger than ever," Harper said.

"The path we are on will draw home many other Canadian companies and businesses, it will attract highly skilled immigrants here from all over the world."

THE CANADIAN PRESS

Car production to get boost in 2010: Report

AUTOS Record low North American vehicle inventories, particularly for popular Canadian-made cars, will boost production through the end of 2009 and well into 2010, according to Scotia Economics.

Auto industry analyst Carlos Gomes said strong U.S. vehicles sales in August, boosted by the government's "Cash for Clunkers" program, have left inventories at a record-low 30 days' supply.

In response, automakers are ramping up production, which had been cut back dramatically as vehicle sales slumped and inventories ballooned due to the recession.

Gomes said vehicle assembly across North America climbed to an annualized 9.3 million units in July and August, up from seven million in the first half of the year.

THE ASSOCIATED PRESS

Business in brief

WIRELESS New wireless telecommunications player Globelive began a defence of its foreign ownership content yesterday with a surprise change to its management structure and a charge that its competitors are out to get it. Globelive Holdings chief executive Anthony Lacavera told the CRTC he will be taking over as chairman of the new operation and will give up his right

to exit the new company by cancelling an agreement that would allow him to sell his shares. And he accused the dominant wireless carriers Rogers Wireless, Telus and Bell Mobility of trying to stop his company because they want the field to themselves. The fledgling operator is required to show that it is owned and controlled by Canadians.

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10

Justin Palardy of the Saint Mary's Huskies has been named Canadian Interuniversity Sport football's special teams player of the week. The fourth-year kicker booted five field goals in Saturday's win over the Acadia Axemen. **METRO HALIFAX**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Koharski honoured

Dartmouth's Don Koharski will receive the Ron Foxcroft Award for officiating excellence in professional sport on Saturday. Koharski spent 32 years in the NHL as an official and will be honoured at a ceremony in Ottawa. **METRO HALIFAX**



Rainmen could add NBAer

Former Trailblazer could be first ever NBA player to suit up for Halifax

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen appear poised to add an NBA player to the fold for the first time in franchise history.

Desmond Ferguson, who played seven games for the Portland Trailblazers in 2003-04, is close to signing a contract with the Rainmen, Metro Halifax has learned.

The six-foot-seven forward was a Premier Basketball League all-star last season with the Rainmen's Atlantic Division rival, the Manchester Millrats, averaging 17.0 points per game.



Desmond Ferguson played seven games for the Portland Trailblazers in 2003-04.

He was one of the PBL's

most deadly three-point threats, nailing 71-of-168 from beyond the arc for a 42.2 per cent conversion rate.

Ferguson, 32, point guard Jason McLeish and shooting guard Tony Bennett could form the foundation for the Rainmen's roster in 2010. McLeish, a former Continental Basketball Association star, signed two weeks ago.

Bennett, the Rainmen's leading scorer last season, hasn't been announced as a signing yet but told Metro last week he has decided to return.

Returnee Eric Crookshank is another who is projected to make the starting roster.

John Strickland is also expected back, while the Rainmen have already signed depth players Demetrius Howard, Jerwin Callaway and Ronnell Jones.

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Defence is key for Huskies

MATTHEW WUEST
matthew.wuest@metronews.ca

FOOTBALL The Saint Mary's Huskies' defence wasn't built in a day, a week or a month. But a year might have done the trick.

Despite some ups and downs early in the Atlantic University Sport football season, the Huskies have had one constant — strong defensive play — and the players chalk it up to a full year working with defensive co-ordinator Dan Laramee.

Laramee replaced Mike McLean at the start of last season.

"We went through that growing phase last year," said defensive lineman Dan Schutte.

"A lot of guys stuck around and got their heads into it over the summer and the system is just second nature to us now. No thinking, just reacting."

The run defence has been stout, allowing only 129 yards and a touchdown through two games, second in Canadian Interuniversity Sport.

The pass defence isn't far behind, sixth in the country with just 336 yards and two touchdowns allowed.

The Huskies were not slouch last season — fourth in passing and ninth in rushing — but the comfort level is higher now. "As anybody will tell you on our defence it was a big transition," said third-year linebacker Leroy Fontaine.

"Coach Laramee's defence is much more sophisticated than before ... Everything has a reason to it instead of going out and just running around. It's systematically attacking every play."

Huskies head coach Steve Sumarah hasn't dished out much praise to his team through two weeks after a loss to St. Francis Xavier and a win over Acadia. But he has consistently commended the play of his defence.

Its continued emergence will be a key in interlock play and in the playoffs if the Huskies expect to go anywhere.



Saint Mary's Huskies defensive co-ordinator Dan Laramee looks through his playbook at a Saint Mary's Huskies football practice last season.

Saint Mary's gets 'tested' this week

MATTHEW WUEST
matthew.wuest@metronews.ca

FOOTBALL The Saint Mary's Huskies defence will be put to the test Saturday by the best rushing attack in the country.

Third-year running back Pascal Fils is coming to town with the Sherbrooke Vert et Or for a 2 p.m. Atlantic-Quebec interlock tilt at Huskies Stadium. He brings with him a Canadian Interuniversity Sport-

leading 220 yards per game.

"With their run attack, it's going to test our front seven," said Huskies linebacker Leroy Fontaine. "I think that's what we need as a defence. I think we need a test like this."

The Huskies are 1-1, tied for second in the conference and ranked ninth in the country. Sherbrooke, 2-1, is not ranked nationally.

Sports in brief

HOCKEY The Boston Bruins cut defenceman Andrew Bodnar-chuk of Hammonds Plains yes-

terday. The former Halifax Mooseheads captain will report to the American Hockey

League's Providence Bruins for his second year of pro. Brad Marchand, also of Ham-

monds Plains, is still with Boston.

METRO NEWS SERVICES

Forsberg attempts another comeback

Peter Forsberg is set to play for his hometown team Modo in the Swedish Elite League starting today in yet another comeback attempt. Modo has given the 36-year-old a one-week tryout contract. Forsberg can play with Modo until the NHL season begins Oct. 2 without jeopardizing a possible NHL comeback. **THE ASSOCIATED PRESS**

sports 11

Balsillie changes bid again

Canadian billionaire Jim Balsillie has pledged to keep the Phoenix Coyotes in Glendale this season if he wins an auction for the financially troubled club.

The revised offer came during an emergency hearing yesterday before bankruptcy judge Redfield T. Baum, who called Balsil-

lie's proposal "a fairly significant change."

Balsillie does, however, still plan to move the team to Hamilton as part of his \$242.5-million US bid.

Balsillie's revised bid appeared to be a last-ditch effort to win over the city of Glendale, which sides with the NHL in the long-run-

ning courtroom battle.

The only other bid has come from the NHL, which has offered \$140 million.

The league would try to resell the team to a local buyer but, failing that, would explore relocation. Baum gave no indication when he might rule on whether to award the

team to the NHL or to Balsillie. He also could reject both bids. Balsillie originally offered Glendale \$50 million. In an amended bid filed yesterday, Balsillie offered to give Glendale \$25 million up front and the rest of the money when the team leaves.

THE ASSOCIATED PRESS

Olie the Goalie calls it a career

HOCKEY Veteran goaltender and former mouth resident Kolzig is retiring after 14 seasons in the NHL.

The 39-year-old former Vezina Trophy winner — known as "Olie The Goalie" — spent most of his career with the Washington Capitals.

He says he plans to spend time with his fami-

ly but wants to remain involved in hockey.

His 303 career wins rank 21st in the NHL. He finishes his career with a 2.71 goals-against average and a .906 save percentage. He posted 35 shutouts in 719 games.

Kolzig was a free agent. His retirement was announced by the NHL Players' Association. **THE CANADIAN PRESS**



Olaf Kolzig

Retired player files suit over injury

FOOTBALL Former Tennessee Titans receiver David Givens claims the team failed to tell him about a defect in his knee that led to an injury and eventually ended his career.

Givens claims in a lawsuit filed Tuesday a doctor discovered a defect in his knee in 2006. He adds the doctor told team officials he "may not be able to make a full 16-game season," according to the suit. But Givens says he was kept in the dark about his condition and urged to keep playing by team officials.

THE ASSOCIATED PRESS

Baseball Battle of the birds



Toronto teammates Edwin Encarnacion, left, and Rod Barajas celebrate after Encarnacion scored on a Lyle Overbay RBI last night against Baltimore. The Blue Jays beat the Orioles 7-3.

Sports in brief

NFL Despite suffering a broken rib, Seattle Seahawks quarterback Matt Hasselbeck has not been ruled out of Sunday's game against Chicago. Hasselbeck didn't practise yesterday and Seattle coach Jim Mora said Hasselbeck may not practise today, either. Mora said even if Hasselbeck doesn't practise all week, he will play if he and team doctors say he can.

EAGLES Donovan McNabb did not practise yesterday because of a broken rib. Kevin Kolb would make his second straight start if McNabb can't play against Kansas City. It's unclear whether Jeff Garcia or Michael

Vick would serve as backup. **BASEBALL** The Atlanta Braves say Bobby Cox will retire as manager after the 2010 season. Cox managed the Braves from 1978-81, switched to manage the Toronto Blue Jays from 1982-85, then returned to manage Atlanta in 1990. Cox currently sits fourth on MLB's all-time managerial wins list. **SOCCER** Comedian Drew Carey is joining the board of the U.S. bidding committee trying to land the World Cup in 2018 or 2022. Host of the television show The Price is Right, Carey is part owner of Major League Soccer's Seattle Sounders.

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METRO NEWS SERVICES

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Breaking up is hard to do

LegalMatters

Elias Metlej

metronews.ca/legalmatters

Unfortunately, many couples have mortgage terms that last longer than their relationships. While breaking up may be an emotional experience, it can also be costly if there is a mortgage to deal with.

When a relationship breaks down, legal and financial realities will dictate what will happen to the house. Many people believe the house can simply be retained by one of the owners by removing the other owner from title. However, such a basic plan is not always feasible.

While transferring title into one name is an easy process, altering the mortgage may be difficult. The person who wishes to keep the house must qualify for the mortgage on their own. If two incomes are required to authorize the

mortgage, the loan may not survive if only one person is available to service the debt. Without the approval of the lender, the house would have to be sold.

When approved, mortgage companies rarely process such files as amendments to the original mortgages. By treating the application as a new mortgage, the lender may charge a significant penalty for breaking the initial mortgage terms.

Deed transfer tax may be applicable when a common law couple breaks up and one person assumes the mortgage. The title transfer is regarded as a sale for an amount equal to debt being assumed. For example, if someone assumes their partner's half of a \$200,000.00 mortgage, the consideration would be \$100,000.00 and the tax payable would be \$1,500.00. This is always a frustrating part of the process considering that people are being taxed to register title to a property that they already own.

Elias Metlej is a real estate lawyer with the Halifax firm Blois Nickerson & Bryson. You can write to Elias at askelias@yahoo.com

Armoury's prime locale

SuiteTalk

Heather Clarke

suitetalkhalifax@gmail.com

To live any closer to the Halifax Common, you'd have to set up a tent on the baseball diamond. And you can bet that tent wouldn't have underground parking or a spacious balcony.

Setting a new standard in urban living, Armoury Square is a luxurious community of condominiums, located on Cunard Street, and townhomes, located on Princess Place and June Street. The prime downtown location provides staggering views of the Halifax Common.

Freelance interior designer Sally McNulty was in charge of taking Armoury Square's model suite and showing prospective owners how they could make the place their own.

"Furnishing a model



Armoury Square is a luxurious community of condominiums and townhomes in downtown Halifax.

suite means providing a space where people can really envision themselves living happily and comfortably," said McNulty, who's been working in the field for more than 20 years.

McNulty says she likes to design environments that reflect not only the building's architecture, but the people who will be living in the space. "Armoury Square's fantastic location attracts people who enjoy the lifestyle and convenience of being in the centre of the city."

When she began choosing pieces for the suite, she was careful to pick out appropriately-sized furniture, and to create a floor plan that ensured a smooth traffic flow. "I firmly believe that furniture should support the layout of a room, rather than dominate it," McNulty said.

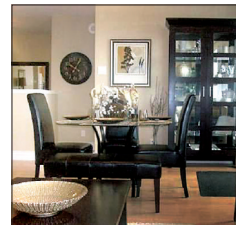
The colour of the furniture is nearly as important

SuiteTalk

as the layout, because McNulty says an ultra-bold sofa could take away from the overall tone of a room. "I like to choose furniture in shades that will complement the existing elements, like paint, flooring and countertops."

Using an understated palette of cream and deep brown, McNulty chose classic, dark furniture for the living room/dining room, and kept the room bright with a light-coloured sofa and accessories.

McNulty says she is always mindful of her decorating budget, but that doesn't mean skimping on quality or style. "It's important to know when to take advantage of bargains, and when to splurge on a piece



Living, dining room

for maximum effect."

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Heather Clarke is a Halifax-based writer with a penchant for pretty things.



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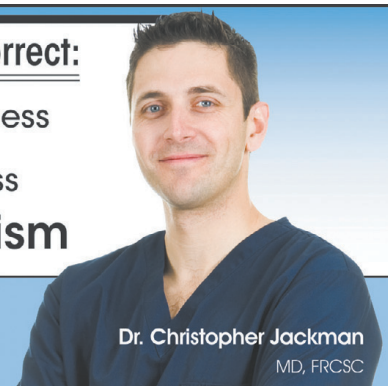
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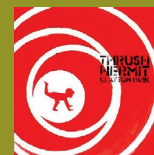
Vancouver

Did you know?

Located along the southwestern border of Rockingham and bordering the northern part of Fairview, Clayton Park is named after a family that owned property in the area extending up the southern slope of Geizer's Hill. WIKIPEDIA.ORG

13**Your Neighbourhood:**

Clayton Park

**Cover art**

Alternative rock band Thrush Hermit's fifth and final album is Clayton Park, left, named for the suburb in which they grew up. WIKIPEDIA.ORG

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'We're central to everything'

RICHARD WOODBURY
for Metro Halifax

Proximity is a word that comes up often when people talk about why Clayton Park attracts so many people as a place to live.

"We're so central to everything," says Debbie Hum, the councillor for Rockingham-Wentworth.

"If you're working in Dartmouth, it doesn't really take you long to get over there or if you're working in downtown Halifax."

Getting out of the city isn't a challenge either and it's also close to the Halifax Robert L. Stanfield International Airport.

But more than just proximity, one of Clayton Park's biggest draws is its diversity. This is fully evident at schools such as Halifax West High School, where close to 1,500 students are enrolled, almost 90 countries are represented and about 70 languages are spoken.

Hum says this diversity is great for everyone.

"I find that creates such a bond and an enriched learning experience for everyone, from the children right up to the most senior people," she says.

This diversity has also helped give the community an identity, says Halifax Clayton Park MLA Diana Whalen.

"It didn't have a character yet," she says of when she moved into the community in 1990. "It was just all brand-new streets



A residential community in Clayton Park West. Clayton Park has "everything you would want in the community," says Halifax Clayton Park MLA Diana Whalen.

and empty building lots and lots of construction going on. It just didn't have a sense of community."

Access to facilities and services is also a part of Clayton Park's appeal.

"It's got everything you would want in the community," says Whalen.

In the Mainland North Common area, she com-

"I find that (the diversity at Halifax West High School) creates such a bond and an enriched learning experience for everyone."

Councillor Debbie Hum

pares it to a campus because of the close distances between the Keshen Goodman Public Library, Halifax West High School, the

Canada Games Centre (which is under construction) and nearby soccer facilities.

Word of mouth is also a

factor in the community's popularity.

"It's people liking the community so much and telling their friends," says Whalen. "It's become a preferred location."

Whalen's riding of Halifax Clayton Park is the largest in the province in terms of population, but not size.

The reason for the community's dense population comes from the number of people who live in apartments and condos, she says. When Whalen does mailouts to constituents, she sends out about 13,000 copies. Nine thousand of those are sent to multi-unit buildings, meaning only 4,000 go to homes.

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14 your neighbourhood: clayton park

By the numbers

Clayton Park has one of the highest population densities in metro Halifax with a population of more than 23,000 as of 2006. WIKIPEDIA.ORG

Plenty of options for family fun

JON TATTRIE
for Metro Halifax

Fairview/Clayton Park is the fastest-growing area in HRM and it's packed with families — and family fun.

The award-winning **Keshen Goodman Library** on Lacewood Drive has a range of activities for kids and families, or you can stop by to stock up on DVDs and books. From Oct. 18 to 24, the Keshen Goodman will join all HRM libraries in Games @ The Library.

The Clayton Park branch will have bridge and Scrabble tournaments, plus Wii events, including a Wii tournament for kids (ages eight to 12 on Oct. 23 at 2:30 p.m., grades 7 to 12 on Oct. 22 at 4:30 p.m.). There's also Wii Family Fun on Oct. 23 at 1 p.m.

Go to halifaxpubliclibraries.ca for more information.

The Almond Café (at 480 Parkland Dr.) has a kids' play area with "creative" toys, allowing parents to get out in a child-friendly



The Clayton Park branch of the library will have bridge tournaments and more on Oct. 23.

atmosphere. It also offers a free one-hour arts and crafts program Tuesdays to Thursdays at 10 a.m.

Check it out at almondcafe.ca.

On the Grow (at 155 Chainlake Dr.) offers a spacious indoor playground. It also has a big treehouse,

climbing wall, rope ladder, swinging bridge and spiral slide. Go to onthegrowcentre.com for more information.

This year is the International Year of Astronomy. You and your family can see what all the fuss is about Friday night at the

Keshen Goodman Library. **The Royal Astronomical Society of Canada** is setting up several high-powered telescopes for members of the public to peer through. Go to astronomynovascotia.ca for a full list of IYA events.

>> CONTINUED ON NEXT PAGE



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Diverse makeup

Clayton Park is one of the most ethnically diverse areas of Nova Scotia, with people of more than two dozen cultures being residents. [WIKIPEDIA.ORG](#)

your neighbourhood: clayton park 15

TORSTAR NEWS SERVICE FILE PHOTO



Bowling with the family is a great option for rainy/snowy days. Or, if you're more science-minded, why not take the kids stargazing at the Keshen Goodman Library? They'll be able to look through professional telescopes on Friday.

>> CONTINUED FROM P. 14

Bowlarama is a great option for rainy/snowy days. Tucked away at the Village, it has regular bowling, the super-funky cosmic bowling and "Bumper Bowling," with rails on the gutter to boost scores and

fun levels for the little bowlers.

For more information, go to [bowlarama.ca](#).

If that doesn't give you your fill of glow-in-the-dark fun, try the neon-lit **Putting Edge** indoor mini-golf in the Bayers Lake Business Park. Read more

at [puttingedge.com](#).

By March 2011, Fairview/Clayton Park will have Halifax's finest recreation centre with the **Mainland Common**, but in the meantime, there's always good old **Northcliffe**. The aging facility (at 3372 Devonshire Ave.) has a

passable pool and separate tennis courts.

HRM Parent is a great resource, pooling together playgrounds in the area, as well as social groups, child-friendly establishments and activities. You can search its listings at [hrm-parent.ca](#).



More information

- **Sidewalk Astronomy:** Stargaze through professional telescopes Friday at 5 p.m. outside the Keshen Goodman Library.
- **Word on the Street:** The annual literary festival is at the Cunard Centre from 11 a.m. to 5 p.m. on Sunday, Sept. 27. Games @ The Library: From Oct. 18 to 24, at the Keshen Goodman Library.

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From bus link to centre, CP is growing

RICHARD WOODBURY
for Metro Halifax

There is one infrastructure project in Clayton Park that can't be missed. Construction of the Canada Games Centre is well under way and the facility will be a showcase venue for the 2011 Canada Winter Games.

"It will be the largest structure east of Montreal for recreation," says Russell Walker, the councillor for Fairview-Clayton Park. The centre will be completed next winter.

There will be an eight-lane, 25-metre indoor competition pool at the centre, which will replace the Northcliffe Pool. The centre's pool will also include a leisure pool, a baby/toddler pool, a hydrotherapy pool and a waterslide.

There will also be a six-lane, indoor 200-metre running track, which will be the largest of its kind in Nova Scotia. The centre includes a 52,000-square-foot fieldhouse with three full-sized gymnasiums.



One infrastructure project that can't be missed in Clayton Park is the current construction of the Canada Games Centre.



The 176,000-square-foot centre will also feature space for the community, such as multi-purpose rooms, a youth centre and a dance/arts/culture studio room.

"The goal of the Canada Games Centre is accessibility," said Paul Dunphy, the director of community development for HRM, in a release.

"We're building a facility that will provide a wide

"(An underpass) would give us a badly needed extra entrance and exit for vehicles in Bayers Lake." Coun. Mary Wile

range of recreational opportunities. Not everyone is a competitive athlete, but everyone should be allowed the chance to build their own healthy lifestyle through community recreation and sport."

Other potential projects

in Clayton Park include a Metro Link bus, which would offer an express line into the downtown.

"Clayton Park is one of the areas that's been mentioned, but nothing has been confirmed yet in terms of time frame," says

Lori Patterson, a spokesperson for Metro Transit.

Traffic is always a concern in the area and with only two ways of getting in and out of the Bayers Lake Business Park, a third option is being talked about.

It would be an underpass located between the IMAX and The Brick in the business park, and it would go under the Bicentennial Highway and connect with a future development lo-

cated near the Mount Royal subdivision.

"That would give us a badly needed extra entrance and exit for vehicles in Bayers Lake," says Mary Wile, the councillor for Clayton Park-West.

Extending Regency Park Drive to allow it to connect with Northwest Arm Drive is also an issue for constituents.

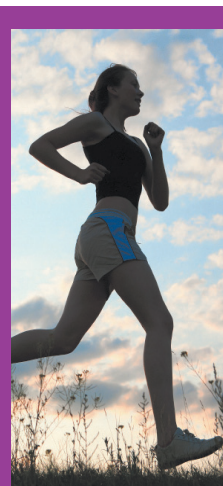
>> FOR MORE ON THE CANADA GAMES CENTRE, GO TO P. 17



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your neighbourhood: clayton park **17**

Mayor Peter Kelly, far right, takes in a site tour of the Canada Games Centre, which will look like this artist's rendering when it is completed by December, 2010.



Sports facility on schedule — and on budget

JON TATTRE
for Metro Halifax



Clayton Park's state-of-the-art sports facility is racing along on schedule and on budget, says Terry Gallagher, manager of facility development for HRM.

About 175 workers are building the walls and roof of the \$40.5 million Canada Games Centre ahead of a critical deadline.

"The next big milestone we're going to be reaching is making the building weather-tight in December. That's a very important deadline — it lets us begin a lot of the interior work and not have to do it in very cold temperatures," explains Gallagher.

The 176,000-square-foot Lacewood Drive project is swiftly rising out of the ground, with the steel framework almost complete.

"It won't be as dramatic over the winter as you drive by, because the work is moving to the interior of the building," he notes.

HRM only got the funding for the centre in August, 2008. At that time, there were no designs or construction plans.

"To go from a starting pistol shot 13 months ago to where we are now, that is a real achievement. There are not many projects that proceed that quickly. We're on a really accelerated path with this building," Gallagher says.

More online

- A new photo of the centre is posted daily at halifax.ca/canadagamescentre/webcamera.html.

The Canada Games Centre will host a variety of future provincial, national and international competitions. It will include an indoor track, a training pool and separate leisure pool, multi-sport gymnasium courts, and a health, fitness and wellness centre. In addition, the centre will provide classroom space and meeting rooms. The building is also designed to meet or exceed a LEED (Leadership in Energy and

Environmental Design) silver rating.

The centre is scheduled to be completed by December, 2010 so that it can be prepared for the February, 2011 Canada Games. It will open to the public mid-March, 2011.

Diana Whalen, MLA for Clayton Park, worked hard to replace the aging Northcliffe Centre. The old aquatics facility was originally built as an outdoor pool in the 1970s, with structures built on top of it to make it year-round, she says.

"The mood in the community is very positive, and we're looking forward to its opening," she says of the Canada Games Centre. Hosting the Games will be

a huge boost for Clayton Park, but the centre's long-term contribution to the area is what really excites Whalen.

"It's going to have so much space for a lot of sports. It's going to be

great for the wellness and activity of our community," she says. Features such as an indoor walking/running track mean it is accessible for people with a range of ages and abilities, she adds.

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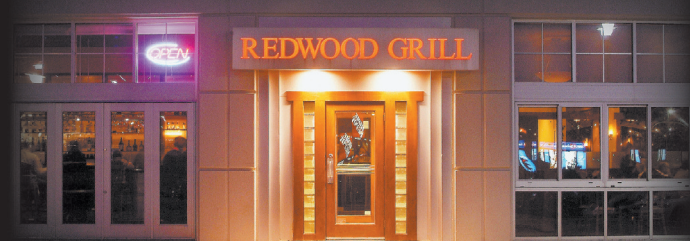
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Community dates back to 1750s



The area known as Fairview started out as a farming community.

JON TATTRIE
for Metro Halifax

The history of Fairview/ Clayton Park is almost as old as Halifax itself.

The first European colonizers settled in the area west of the peninsula between the Northwest Arm and the Bedford Basin in the 1750s.

The "foreign protes-

tants" had been brought over from continental Europe to secure Britain's claim to the territory. They built a community that was called Deutsch Village, because most of the settlers were Deutsch — German.

The farming community was mostly self-sustaining and, for the first couple of decades, a bad road was all that connected it to Hali-

fax. In 1766, the Germans convinced the city to extend Bayers Road all the way out to Dutch Village.

According to Don and Devonna Edwards' history book, *The Little Dutch Village*, it was variously known as Neunhausen (nine houses), Westernwald, Westervolt and Westwood. The settlers' descendants called it Geizer's Mountain, a name that was current into the 19th century, when the old name was anglicized to Dutch Village.

For a time, Andrew Downs' property on Dutch Village Road (the area now called Joseph Howe Drive) was famous around the world as a five-acre retreat for Maritime wildlife.

Opened in 1847, Downs Zoo was the first of its kind in North America. Within 15 years, it grew to encompass 100 acres, featuring a museum, aquri-

um and greenhouse. The animals were kept in their natural habitats, living amid ponds, waterfalls and flowers. The zoo had deer, moose, elk, caribou, black bears and even seals.

"The smell of the sea sent out an irresistible call to (the seals) and once they escaped, flip-flapping their way out of captivity, sliding down the hill and bumping along down the road towards the Northwest Arm," the Edwardses write. "They didn't quite make it; response to an alarm following the escape was speedier than they were."

Downs eventually sold off most of the land, which was turned into residential properties.

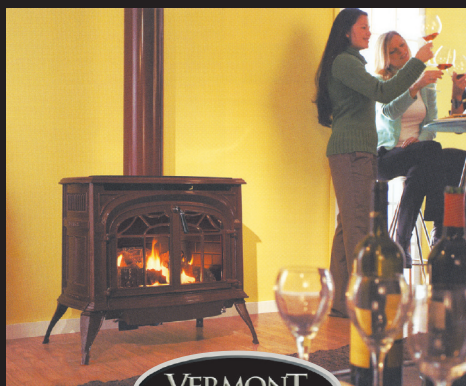
In 1894, the Fairview Cemetery Company decided to turn its 45 acres of woodland into a park, the Edwardses write. It slowly grew into a settlement, often referred to as "Squirrel Town," probably because of the high populations of the woods creatures.

In 1959, St John's Church was built at the corner of Dutch and Bayers roads. It served Anglicans in the area until recently, when the church moved and the site redeveloped into a drug store.

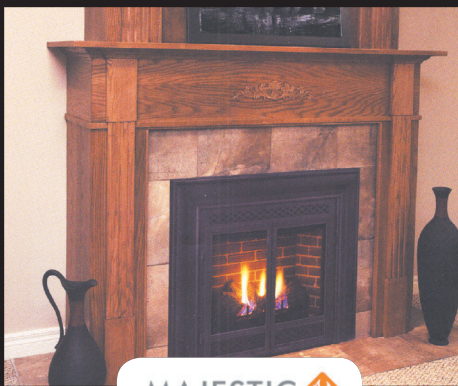
Clayton Park has a less glamorous history. It was first developed in the 1960s as a residential community, with a major second burst of development starting in the 1990s, known as Clayton Park West.

Clayton Park does have a rock album named after it: Clayton Park by Thrush Hermit. Singer and Clayton Park native Joel Plaskett left the group to form the Joel Plaskett Emergency.

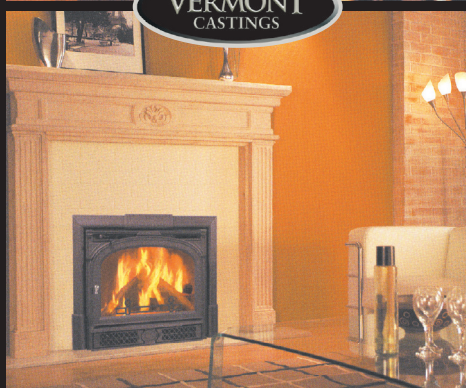
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More than \$40 million has been spent upgrading Fairview Cove Container Terminal in recent years.

Major expansion at Fairview terminal

JON TATTRIE
for Metro Halifax



Thousands of people visit Fairview every year without ever setting foot on land, arriving at the global container pier to load and unload supplies bound for the rest of the world.

Calvin Whidden is vice-president of Cerescorp Company, which runs the Fairview Cove Container Terminal tucked in beyond Seaview Park along the Bedford Basin. Whidden said the company has spent more than \$40 million upgrading the terminal in recent years.

"I guess the locals have seen that, with the great big monster cranes that came in here and our new truck gate that everybody sees driving by," Whidden said. "We also expanded our railyard by \$8 million."

The terminal recently finished a new maintenance facility, the big green building alongside the Bedford Highway. All of that work means the pier can handle more cargo, more efficiently. The new cranes are built to handle the huge, post-Panamax ships, and the new rail lines have doubled the capacity to speedily put cargo on and off ships.

Plans were made for the major expansion long before the global economic crisis hit last year, meaning Cerescorp had to fund the work even as it took a financial hit.

"Like all businesses, we saw the recession and lost tremendous amounts of volume, but since January, which was our bottom, our volume has rebounded substantially. All indications are it's going to con-

tinue on a recovery, but it's going to be slow," Whidden said.

The long-brewing, much-discussed "Atlantic Gateway" plans to boost Halifax's status as the go-to eastern seaboard port will be good news for Fairview's pier, but Whidden said that's only recognizing an established fact.

"Yes, we're involved in it," he said, "but the reality is Halifax is the east-coast port and will continue to be. Everything is here: We have all the structures, the infrastructures, the rail connections. It's all here and it's here because it is in the logical spot."

The Fairview terminal's highest year on record saw 250,000 containers pass through the port. It's fallen below that now, but Whidden says the six ships that visit the terminal each week keep it busy.

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20 your neighbourhood: clayton park

Did you know?

Clayton Park, Rockingham and Fairview were all amalgamated into the city of Halifax in 1969. WIKIPEDIA.ORG



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If you don't want to drive from Clayton Park to downtown Halifax every day for work, taking the bus can be a good option for you.

Easy to leave the car at home

JON TATTIE
for Metro Halifax



Commuting from Clayton Park to downtown Halifax can be a stressful, relaxing or life-threatening experience, depending on your mode of transit.

If your workplace provides parking, or you don't mind handing over a heap of money, driving is the preferred option for many.

Lindsey Bunin used to take her car downtown, or get her husband to drop her off, but she took a radical step this month: She bought her first bus pass.

"I love commuting because it's my chance to de-stress in the a.m. with my coffee and book. It's just as fast as taking the car and you're leaving the white-knuckled traffic navigating to someone else," she says.

"That said, the No. 34 is the bus I take and it's notoriously off-schedule. I can never predict if it'll come early or late, so I often end up waiting at the stop



Bike lanes are scarce, but you can still try cycling to work.

longer than necessary."

Mary Wile, councillor for District 10 (Clayton Park West) has long lobbied for a new bus terminal to serve Clayton Park. The current Lacewood Drive-Willet Street terminal is the second-busiest in Halifax, but has only a couple of glass shelters.

Wile hopes the Clayton Park terminal will make the council's agenda next year. The growing area around Regency Drive also

needs a bus route, she says.

"I would hope (the terminal) would be similar to the Mumford Road one, where the buses can drive in and come out," Wile says. It also needs to have washrooms, as bus passengers must currently borrow the toilets of local facilities. Wile also wants more kneeling buses to accommodate passengers who use wheelchairs.

Douglas Smith bikes into work. Bike lanes are scarce

and a mixed blessing, he says, as motorists don't always stay on their side of the white line.

"Parkland is wide and I have never had a problem on it. Dunbrack and Lacewood are fast, but have two lanes in each direction, so cars have room to pass safely most of the time," Smith says. The most dangerous part is getting on the peninsula.

"There is no safe way to do it. A person has to ride to the end of the Bedford Highway and have a multi-lane, fast, heavy traffic fight at the Windsor Street exchange, or merge onto Bayers Road where Highway 102 ends. The speed limit is 50 there, but cars are slowing from 100 and generally are still going 70-90 kilometres per hour. The rotary is the safest way into the core, but it's out of my way."

The Mainland North Linear Parkway offers a car-free ride part of the way, but cyclists have to be alert for off-leash dogs.

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Saunders focuses on colour

British designer Jonathan Saunders swapped his signature geometric prints and concentrated on colour this season at London Fashion Week. **THE ASSOCIATED PRESS**

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Burberry's return

Beige, pales dominated the London show

Burberry and its creative director Christopher Bailey made a triumphant return to London this week, winning over a star-studded audience at the glitziest event of the capital's fashion week.

Bailey, who has helped transform the once staid brand into a fashion powerhouse, showed a series of short dresses, including many with a trench coat theme familiar to longtime fans of Burberry.

There was just enough of the traditional Burberry plaid to keep traditionalists happy, while younger fans were drawn to the soft, sexy lines of the dresses, most of them in beige (long associated with Burberry) and pale greens and yellows.

"I thought it was beautiful, and very poetic," said Hilary Alexander, fashion director of The Daily Telegraph newspaper. "The heritage was there, but it was like a ballet, a dance."

Bailey used sequins and bright metallic silver fabric to set off some of his jackets and tops, adding glitter to the look, and also used padded shoulders for emphasis on several of the combination trench-dresses that were an important theme of the show.

Belts were used for shape, and the models looked extremely feminine, their long flowing hair and natural makeup bucking a trend toward androgyny seen in other shows this week.

The Burberry show was one of the largest and most eagerly anticipated of London Fashion week, and the crowd arrived early to sip champagne or elderflower coolers on the steps of the Chelsea College of Art and Design near the River Thames. Harold Tillman, chairman of the British

Fashion Council, said the week has been a tremendous success, with large crowds filling many shows. He said the trend toward prints had been noticeable.

"There have been so many good, good shows," he said. "There are great designers, showing freshness, fearlessness. It's so exciting, it really is."

Burberry chief executive office Angela Ahrendt said before the show began that it was an honour to be back on the catwalks in London, where the company has long been based.

"It's a phenomenal honour," she said, gesturing to the gathered crowd.

THE ASSOCIATED PRESS



ALL PHOTOS BY GETTY IMAGES

Younger Burberry fans were drawn to the spring/summer 2010's sexy dresses in beige and pale greens and yellows. The familiar trench coat theme (left) was also prominent.

The in-crowd

• The Burberry crowd included Oscar-winning actress Gwyneth Paltrow, right, Harry Potter star Emma Watson, American Vogue editor Anna Wintour and former Spice Girl Victoria Beckham.

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RunwayBeauty

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Leather jacket, Bedo (\$298, bedo.ca)

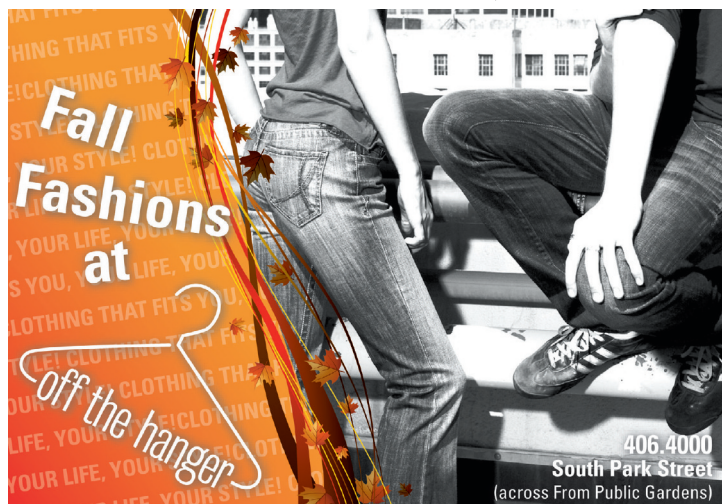


Leather jacket, Cassis (\$399, cassis.com)



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K-Fed getting fit

Though he plans to chronicle his weight loss on his own reality TV show, overly plump Kevin Federline will be appearing on the next season of VH1's *Celebrity Fit Club*. **METRO NEWS SERVICES**

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Queen crafts new Persona

Pearl Jam creates more upbeat sound

Queen Latifah

Album: Persona
Label: Flavor Unit
Rating: Ⓢ

IN A PERFECT world, Queen Latifah doing a new hip-hop album



would be a welcome return to form. But on her latest effort, the Oscar-nominated *CoverGirl* seems obligated to keep up her level of mass appeal. On first song *The Light*, the Queen manages to strike a balance between her pop celebrity and hardcore MC roots with a humble but inspirational track about how she made it. But after a cameo from the reliably goofy Missy Elliot, the mostly Cool & Dre-produced *Persona* backslides into an album of schmaltzy Jordyn Sparks-inspired back-ground music.

Jason Richards/for Metro Canada

Pearl Jam

Album: Backspacer
Label: Moneywrench Records/Universal
Rating: Ⓢ

IF SOMEONE SAID 15 years ago that Pearl Jam would one day be a power pop band, they would have been laughed out of the room. But that's exactly what these grunge legends have become. No, they're not the next Fall Out Boy, but these are some of the most upbeat pop tunes the group has ever written. And that's not a bad thing. The tracks are catchy and succinct — the rollicking *Supersonic* clocks in at under three minutes — but they still maintain that classic PJ feel. It's a real testament to their talent that the band can still be this good nearly two decades after Ten.



Bryan Borzykowski/for Metro Canada

Three Days Grace

Album: Life Starts Now
Label: RCA/Sony
Rating: Ⓢ

THIS ALBUM BY is a microcosm of everything that is wrong with mainstream radio rock. Slick production seems to bleed every bit of life out of songs that had little to begin with. Meaningless guitar solos fail to fill the void left by plodding chord progressions. Adam Gontier's forced and overwrought vocals do little to add believability to the contrived and clichéd lyrics. "Living in a shell with no soul," Gontier pines on the power ballad *World So Cold*. Gontier's own words are an apt description for the kind of lifeless tracks *Three Days Grace* has released after a lengthy absence from the charts. Sticking to the same tired formula, the Toronto-based band delivers music that fits the play-it-safe needs of rock radio programmers who will undoubtedly flood the airwaves with this album over the next few months.



Graham Rockingham/for Metro Canada

Champion

Album: Resistance
Label: Saboteur/MapleMusic
Rating: Ⓢ

DJ CHAMPION IS the stage name of Montreal electro wizard Maxime Morin. His genius lies in the way he weds electronic dance beats with fiery layers of rock guitar and blues-based vocals and lyrics. With the help of a strong supporting cast that includes four backing guitarists and vocals by Pierre-Phillippe Cote and Bonnie Zehavie, the result is surprisingly accessible. The ti-



Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

tle track with its danceable chorus, seductive hook and coquettish flirtation with the darkside could easily be a pop-rock hit. Morin throws in the seven-minute instrumental *Plastiques* et *Metaux* to maintain his underground electro cred. More interesting is the equally lengthy *Sannois Beach*, on which *Champion* transposes the Delta-based lyrics of Leroy Carr's 1928 classic *How Long Blues* onto a throbbing backdrop of rhythm and bass guitars. Resistance is impossible.

Graham Rockingham/for Metro Canada

Corb Lund

Album: Losin' Lately Gambler
Label: New West/Universal
Rating: Ⓢ

MORE SONGS OF horses, hard drink, cattle dung, gambler and tall grass from Alberta's favourite cowboy minstrel. Despite his sweet-boy voice, Corb Lund has managed to maintain a successful career outside the Nashville country mainstream, a place usually reserved for songwriters with throats long ago seared by whiskey and Lucky Strikes. Lund's craft is as strong as ever, paying homage to his heroes, Willie P. Bennett and Stompin' Tom Connors and delivering odes to his beloved Canadian prairies. The best tracks here are the lonesome cowboy blues of *Alberta Says Hello* and *A Game In Town Like This*. There are times, however, when the songs seem more formulaic than heartfelt. There's no less than two about the healing powers of the country vet (*Horse Doctor*, *Come Quick and Talkin' Veterinarian Blues*). Surely one would have been enough.



Graham Rockingham/for Metro Canada

**Prinze Charlotte**

Freddie Prinze Jr. and Sarah Michelle Gellar welcomed a baby girl, their first child, according to *People*. Charlotte Grace Prinze was born Saturday in Los Angeles.

METRO WORLD NEWS



Persona is the seventh album by actress and R&B and hip-hop artist Queen Latifah.

Mika

Album: The Boy Who Knew
Label: Universal
Rating: Ⓢ

WHEN MIKA EXPLODED onto the world's music stage in 2007, his Elton John-meets-Freddie Mercury sound got a lot of people excited.

Those fans will love his new record — it's filled the same over-the-top instrumentation and grandiose vocals as his debut. There's no doubt the disc will be jarring for some — the saccharine



melodies are sometimes hard to digest — but it's impossible to deny that songs like *Blame It On The Girl* and the electro disco track *Rain* aren't fun.

Bryan Borzykowski/for Metro Canada

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(ALLIANCEFILMS.COM)



Estelle Getty's prized 1988 Emmy has surfaced on Ebay a year after her death. The trophy for Outstanding Supporting Actress in a Comedy Series for *The Golden Girls* was put up for sale by a seller specializing in fine art. **POPEATER.COM**

Entertainment in brief

MUSIC Kiss, LL Cool J and the Red Hot Chili Peppers could be among next year's inductees at the Rock and Roll Hall of Fame. They're on a list of 12 acts vy-

ing for 2010's five inductee spots. Other first-time nominees include Genesis, Jimmy Cliff, The Hollies and songwriter Laura Nyro. Some

names have been on the ballot before: Donna Summer, ABBA and the Stooges. Inductees will be announced in December.

THE ASSOCIATED PRESS

Art isn't imitating life: Duchovny

Sex storylines are an 'unfortunate coincidence'

Hank Moody, the hero of Showtime's comedy Californication, is a roguish struggling novelist who says whatever is on his mind and feels a tug from every member of the opposite sex.

He might get into less trouble if he kept his lip buttoned and his fly zipped. But that wouldn't be Hank, nor would it be *Californication*, which mines laughs (and, occasionally, gasps) from Hank's erotic misadventures, and those of his sexed-up fellow travellers.

Starring David Duchovny, *Californication* begins its third season this Monday on Movie Central and The Movie Network with Hank landing a much-needed teaching job at a local college. Here in academia, Hank is primed to seduce a new colleague, while a graduate assistant and a coed are also on his radar.

"I call it adult comedy," says Duchovny, "but not in the Triple-X sense. It's adult comedy because the characters are acting foolish but not acting like children."

The 49-year-old actor is at a luncheonette on the Up-



David Duchovny

"(The) two have nothing to do with one another — my personal life and the show. No more than aliens had anything to do with my time on the X-Files."

David Duchovny

per East Side, where he lives with actress Tea Leoni, his wife of a dozen years, and their two children. These days, his family is stronger than ever, he's happy to report. "Things are great," he sums up, sharing details from a cross-country RV trip they made this summer.

But a year ago, things weren't so bright. In August 2008, Duchovny announced he was entering rehab for sex addiction. His marriage was in jeopardy. Making things worse, this news undermined Duchovny's accomplishments on *Californication*. It suggested his role hit too close to home, that he wasn't playing himself as much as just playing himself.

With no sign of defensiveness, Duchovny makes clear he regards the challenges he faced last year as a private matter. But he's candid in acknowledging "an unfortunate coincidence," at least appearance-wise, between his life and his art. "(The) two have nothing to do with one another — my personal life and the show. No more than aliens had anything to do with my time on the X-Files."

Any public confusion that arose between Hank's exploits and the issues for which Duchovny sought help "hurts on both levels," he says. "It belittles the life and it belittles the work, at the same time."

THE ASSOCIATED PRESS



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9/24/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	FlashForward (N)	Grey's Anatomy (N)		
	7	7	7	ASN	The Road to Avonlea	Hollywood	TMZ (N)	FlashForward (N)	Fringe (HDTV) (N)	Dance		
	11	11	11	CBC	Wheel-For-Tune	Jeopardy! (N)	Pedal Power (HDTV) (N)	Doc Zone	CBC News: The National	The Hour		
	2	2	2	CBC-F	Pyramid (SC)	La Force	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (N) (SC)	3600 secondes d'extase (SC)	The Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Samoa (N)	CSI: Crime Scene Invstgtn.	The Mentalist	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Fière de la danse (SC)	Dieu Merci (SC)	Jean-Marc Parent	TVA nouvelles		
	6	6	6	CHIF	Entertainment	ET Canada	90210 (HDTV) (N)	Survivor: Samoa (N)	The Office (N)	SNL Update	News Final (N)	
	9	9	9	CJCH	The Vampire Diaries (N)	Grey's Anatomy	'Good Mourning: Goodbye' (N)	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CTV News		
	10	10	10	ELTV	All Access	Atlantic Film Festival Notice Board				All Access		
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV) (N)	Fringe (HDTV) (N)	Fox First	
prime time	12	12	12	NBC	News (N)	NBC News	Two/Half Men	Extra (N)	SNL Update	Parks-Recreat	The Office (N)	Community (N)
	29	29	29	NW	World News	Business	CBC News	Marketplace	CBC News: Tonight (N)	CBC News: The National	Nature-Things	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Business Rpt.	Worldfocus	This Old Hse.	This Old Hse.	PBS Special Report on Health Care Reform	Jay Leno Show
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	This Old Hse.	This Old Hse.	PBS Special Report on Health Care Reform	
	68	68	68	TQS	Guerre clans	Le Mur (SC)	Taxi payant	Rire et délire	Fringe (SC)	Bob Graton	South Park	Le Mur (SC)
	23	23	23	BNN	Business News	Headline	Market Call Tonight	GetConnected	Market Call	Squeeze Play	Business News	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight	Campbell Brown (N)			Larry King Live	Cooper 360	
	54	54	54	GOLF	Golf Central	LPGA Tour Golf	CVS/pharmacy LPGA Challenge		PGA Tour Golf	The Tour Championship -- First Round.		
	52	52	52	RSE	Connected W-Prime Time	MLB Baseball	Seattle Mariners at Toronto Blue Jays. From Rogers Centre in Toronto.				Sportsnet Con.	
	55	55	55	SCOR	(6) Morency	Covers Experts	Score on NFL	College Football	Mississippi at South Carolina. (Live)			
news	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV) (N)	Jack'd!	Jack'd!	Wrecked	
	53	53	53	TN	Off the Record	SportsCentre	Interuption	WEC WreckCage (N)	NHL Preseason Hockey: Oilers vs. Lightning			
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Jimmy Two	Johnny Test	Stoked (N)	Total Drama	Majority Rules	6TEEN (N)	King of the Hill	Futurama: Ben
	26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	iCarly	Drake & Josh	Family Biz (N)	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	16	16	16	A&E	CSI: Miami "Death Grip"	Criminal Minds (HDTV)	The First 48 Past cases.			The First 48 (HDTV)	The First 48	
	70	70	70	APTN	APTN National News (N)	Wapost Bay	By the Rapids			Hardball ** (2001, Drama) Keanu Reeves.		
	50	50	50	BET	106 & Park: BET's Top 10 Live (Live)				Deep Blue Sea ** (1999, Science Fiction) Thomas Jane.			
	37	37	37	BRVO	Wind at My Back	Storytellers	Camera	Bathroom Divas-Opera Star	Prom Wars (2008, Comedy) Ricky Ullman.			
sports	25	25	25	CMT	Wilsons	Wilsons	Karaoke Star "Ottawa" (N)	Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49	COM	Just for Laughs	Air Force	22 Minutes	Cornier Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	153	153	153	COURT	Truth, Duty, Valour	World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Navy SEALs: Untold Stories		Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)	Bear Feeding Frenzy	Handyman Superstar	Pig Bomb	Big Amazing	MythBusters
	34	34	34	HDTV	Holmes on Homes	Ice Road Truckers	Property Virgin	Handyman Superstar	Ancient Discoveries	Disaster DIY	Big Amazing	House Hunters
	46	46	46	HIST	Underworld Histories	Ice Road Truckers	Property Virgin	Handyman Superstar	Ancient Discoveries	Disaster DIY	Big Amazing	House Hunters
	17	17	17	MM	America's Best Dance Crew	One Tree Hill		So You Think You Can Dance Canada		Dance	Love Court	After People
	19	19	19	MMM	mmtop10.ca	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Tell a Secret
	201	201	201	M1	Haunting-Molly	(7:45) Fear Island	(2009, Suspense) Haylie Duff.		Nurse Jackie	Battle in Seattle ** (2007, Docudrama)		
	48	48	48	OLN	Mantracker	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman	Survivorman	Ghost Hunters
family	51	51	51	PEACH	The Office	Name Is Earl	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Good Will Hun.
	206	206	206	PDX	(6:40) UHF ** (1989, Comedy)			(8:20) The Naked Spur (1953, Western)		Diary of a Hitman (1992, Crime Drama)		
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes	Grandi reportages (SC)	Le Téléjournal (SC)			RDI économie
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	Da Vinci's City Hall	X-Weighted	The Best Years (DVS)		Bones
	40	40	40	SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride	X-Weighted "Debbi"	Star Trek: Voyager	Lara Croft Tomb Raider: The Cradle of Life		X-Weighted
	47	47	47	SPACE	Stargate SG-1					TNA Wrestling (HDTV) (N)		
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.		UFC Unleashed	The View (HDTV) (N)			Dr. Oz Show
	98	98	98	STAR	etalk	Look-A-Like	TMZ	LA Ink (HDTV)	Police Women of Broward	ET Canada	TV Made, Do It	Family Guy
	21	21	21	TLC	What Not to Wear	Seinfeld	Seinfeld	Stunt Stars		Complément d'enquête		
	56	56	56	34	TROP	Bob & Doug	Bob & Doug					
cable variety	20	20	20	TVS	Que-champion	Journal de Fr2	Les Peuples du soleil		Wait for God	'Allo, 'Allo!		Da Vinci Inquest
	28	28	28	V	9B Bob dates Beth.				Murder, She Wrote	Missing "Truth or Dare"		Divine Design
	60	60	60	97	VIVA	Da Vinci's Inquest	Judging Amy	Old Christine	Friends	Friends	Grocery Bag	
	22	22	22	W	House	Style by Jury						
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	The Vampire Diaries (N)	Supernatural (HDTV) (N)		WGN News

critics'corner

Doc Zone

Now this is a cold war. The documentary "Battle for the Arctic" details the competition between Canada and Russia for the rights to the resources of the world's northernmost territory. With rich reserves of oil and gas, the stakes are high. Russia has planted a flag on the ocean floor, a symbolic gesture, while Canada is going with a real one: a military base in Resolute Bay. 9 PM on CBC



Grey's Anatomy

Apart from the title — "Good Mourning: Goodbye" — little confirmed information has been released for this two-hour, sixth-season premiere episode, although Izzie (Emily winner Katherine Heigl), who underwent risky surgery at the end of last season. Jessica Capshaw is promoted to series regular as Arizona, Callie's (Sara Ramirez) romantic interest. 8 PM on CJCH; 10 PM on ABC

Prom Wars

Here's a teen comedy that will appeal to adults who have presumably outgrown the bathroom and boob jokes endemic to the genre. Students at a private school for girls stage a series of competitions between two boys schools, offering themselves as prom dates for the guys from the winning school. Alia Shawkat ("Arrested Development") plays the young mastermind behind the plan. 10 PM on BRAVO



For September 23rd

- 9 Lola - High Heels
- 8 Boys Like Girls - Love Drunk
- 7 Jay Sean Ft Lil Wayne - Down
- 6 Miley Cyrus - Party In The USA
- 5 Cobra Starship - Good Girls Go Bad
- 4 Jay-Z Ft Kanye West & Rihanna - Run This Town
- 3 David Guetta Ft Akon - Sexy Chick
- 2 Justin Bieber - One Time
- 1 Jason Derulo - Whatcha Say

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MARITIMES' BEST

If you are planning to attend this Sunday's Word on the Street event at the Cunard Centre, be sure to check out the "Flavours of the Maritimes" stage, featuring three of the region's best chefs — Michael Howell, Craig Flinn and Maureen Tilley — who are each launching new cookbooks. Rumour has it that they will be offering up some tasty treats. The event runs from 11 a.m. to 5 p.m. and is free and open to the public.

In brief

RESTAURANT In case you missed it, long-time Dresden Row resident Baan Thai has reopened on Blowers Street.

ANNIVERSARY Congrats to Mike Condy and the gang at the Lower Deck. The Maritime mainstay on the Halifax waterfront celebrated its 35th anniversary this past weekend. Cheers!



Vatapa (\$22), an oven-baked shrimp mixed in a zesty melange of palm-oil, cashews and tomato.



Frango Piri Piri (\$18).

A lesson in living well

STEPHEN PATRICK CLARE
HalifaxUrbanFoodie@gmail.com

Pipa Restaurant
1685 Argyle Street
Halifax
902-407-7472
piparestaurant.ca

Signature Drink:
Sangria

Signature Dish:
Moqueca de Peixe
Rating: ★★★★★
Dinner & drinks for 2: \$70

Having travelled extensively throughout the Mediter-

anean region, I have seen how the other half eats. Unlike North Americans, Europeans understand food and the importance of simplicity and subtly in cuisine.

Halogonians can now learn the art of dining well at Pipa, the city's newest, and only, Portuguese-Brazilian restaurant.

Starters set the tone for the soiree; the spicy Churizo (\$7) was offset nicely by the milder Coxinhas de Galinha (\$6), a lightly-seasoned minced chicken enclosed in savoury dough.

The highlight of the

On the web

- Get recipes and more great food content at metronews.ca/food

evening followed with the Frango Piri Piri (\$18) — a baked chicken in a spicy chili-pepper marinade that was flavourful and as tender as the night. Likewise the Vatapa (\$22), an oven-baked shrimp mixed in a zesty melange of palm-oil, cashews and tomato. Both plates were sensually satisfying and properly propor-

tioned, further testament to the poise of the Portuguese palate.

Mousse de Queijo Branco com Goiaba (\$7) — a white cheese mousse with guava sauce — proved a rich and tasty top-off.

And what proper Portuguese-Brazilian meal would be complete without a glass of Sangria? They call it "Bull's Blood" for a reason, and here it is done to perfection (\$5).

Very simply, Pipa provides an authentic education in the European eating experience.



Mousse de Queijo Branco com Goiaba (\$7).

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe on Gritle Hummus.



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This Angel hasn't departed for the heavens yet

Jaclyn Smith wants you to know that she is alive. The Charlie's Angels star took to her Facebook and Twitter to deny reports that she had shot herself in Honduras, People reports. **METRO NEWS SERVICES**

Celebrity Buzz

Hayden's School of Life

SHE DON'T NEED NO BOOK LEARNIN' Hayden Panettiere has ruled out a college education — insisting she's had her own "learning experience" growing up in Hollywood, femalefirst.co.uk reports.

The 20-year-old, who plays a college student in the sci-fi TV series *Heroes*, developed a desire to attend university when she was younger but admits landing the hit show helped change her mind.

Now Panettiere insists pretending to be a student is enough, because she's

grown up quickly in Hollywood.

She says, "I always wanted to go to college (but) the show happened to start in a pretty pivotal period, when you have

thoughts of going to college. It was just such a success and it is what I love to do.

"I would love to take some classes that I really enjoy, but I think college is a learning experience for yourself as a person and (it's about) being on your own for the first time."

METRO NEWS SERVICES



Mischa's not in Kansas anymore...

THE WRONG RED CARPET A confused Mischa Barton headed out to the opera in New York recently but ended up at the nearby premiere for Michael Moore's documentary *Capitalism: A Love Story* instead.

"Mischa showed up and was asking for tickets. She started walking the red carpet," a source told Page Six. "She took one look around and realized she was in the wrong place."

METRO WORLD NEWS



Parkers plan second vows

LOST IN LA-LA-LAND Eva Longoria Parker wants to marry husband Tony Parker again because her memory of their wedding is so hazy, femalefirst.co.uk reports.

The actress walked down the aisle with the basketball player in July 2007, but because her memory of their nuptials in France is so surreal, she wants to renew their vows in a smaller ceremony.

She says, "We want to get married again. Our wedding went by so fast and, with the frenzy surrounding it, it felt like an out-of-body experience."

"We want to do it again — something a bit more intimate — because we love being married," she said. "It gets better every day. I know it's clichéd but it's true."

METRO NEWS SERVICES



Woody's secret skin weapon

REASONS TO GO VEGAN Woody Harrelson is a proud vegan, but it turns out his reasons for taking up the lifestyle weren't purely based on principle. "I was about 24 years old, and I had tons of acne,"

he told Maxim magazine. "I met some random girl on a bus who told me to quit dairy and all those symptoms would go away three days later. By God, she was right."

METRO WORLD NEWS



Bully godmother Amy

OVERPROTECTIVE? Amy Winehouse screamed and spat at a young teenager she believed was bullying her goddaughter, femalefirst.co.uk reports.

The singer reportedly stormed to London's Southgate school on Monday to confront a pupil who had been tormenting 13-year-old Dionne Bromfield.

A source said: "The altercation outside of the North London secondary school quickly turned sour when Amy began hurling abuse at the young accused bully and began spitting at her." Celebrity gossip blog I'm

Not Obsessed added: "Amy's tirade did not stop there, as witnesses say that the 26-year-old then went on to shout at a group of Dionne's fellow students."

A passerby who managed to calm Winehouse down eventually stopped the altercation. The

singer then agreed to sign autographs before leaving the school.

Winehouse is preparing to release Bromfield's debut album on her own label Lioness Records.

METRO WORLD NEWS



Penelope pregnant?

ADDING FUEL TO THE FIRE Penelope Cruz was spotted leaving an OB/GYN office in Madrid with boyfriend Javier Bardem on her arm, further fuelling speculation that she's expecting a child, according to *Hollyscoop*.

The actress has repeatedly denied the rumours, going so far as to storm

out of an interview last week when the topic came up.

"I start getting some presents from friends saying, 'Congratulations, you're pregnant,'" Cruz told USA Today last month. "And I say, 'No, I'm not, so return the presents.' It's amazing."

METRO WORLD NEWS



Tyra a secret nudist?

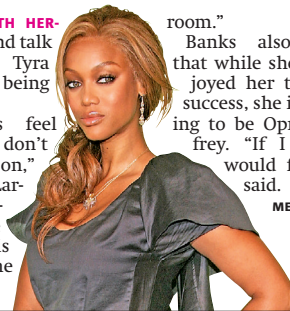
AT PEACE WITH HERSELF Model and talk show host Tyra Banks loves being naked.

"I always feel great when I don't have clothes on," Banks told Larry King. "Unless the lighting is bad in the dressing

room."

Banks also insists that while she has enjoyed her talk-show success, she is not trying to be Oprah Winfrey. "If I tried, I would fail," she said.

METRO WORLD NEWS



Celebrity tweets

Rob Thomas has trouble with the weather in his home state, **Taylor Swift** feels just fine about her fashion choices, **Jon Favreau** celebrates Rosh Hashanah, and **Demi Lovato** would rather not be awake.

• **@ThisIsRobThomas** i forgot how oppressively hot florida can get. the humidity goes through your clothes and into your soul.

• **@taylorswift13** I'm wearing argyle socks. It's going really well, I think I'll do it again sometime.

• **@Jon_Favreau** Happy New Year! Let's make 5770 count!

• **@ddlovato** It's raining, it's pouring, I wish I was snoring....

METRO WORLD NEWS



HIGHLY ADDICTIVE

PLEASE WATCH RESPONSIBLY

NEW SEASONS

DEXTER SEASON 4
Premieres Sept 27th | 10pm

CALIFORNICATION SEASON 3
Premieres Sept 28th | 10pm

GET HOOKED.



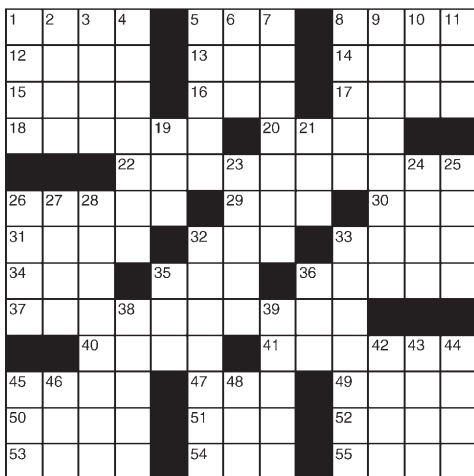
THE MOVIE NETWORK.CA



TWN incorporates MSC data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Ballot dangle
5 Annoy
8 Puerto —
12 Jeans maker
Strauss
13 French pronoun
14 Low pH
15 Cupid's alias
16 Favourite
17 Conked out
18 Melted-cheese dish
20 Talon
22 Chic, and then some
26 Assume for argument's sake
29 Layer
30 Slight amount
31 Author Turgenev
32 Bit of wordplay
33 Lascivious
34 Mai —
35 Branch
36 Briskly self-assured
37 "My fondest wishes"
40 Pulsate

41 Ceremony
45 Reed instrument
47 Menagerie
49 Capri, e.g.
50 Bank transaction
51 Conclusion
52 Trawler gear
53 They get connected
54 Shelter
55 Mardi —

DOWN

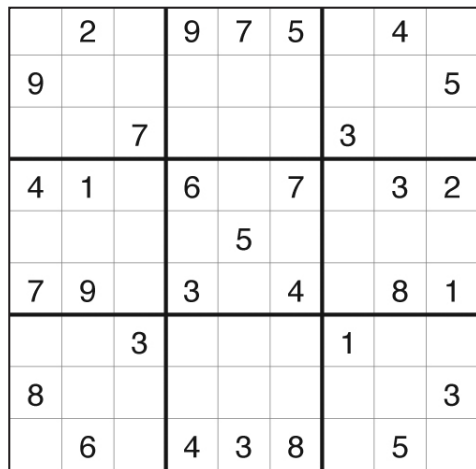
1 Staff leader
2 Medal earner
3 Shakespeare's river
4 Scorn
5 Urge onward
6 Shad product
7 Setting for Rachael Ray
8 Speeder spotter
9 It flows through the veins of the emotionless
10 Spy-novel org.
11 Peculiar
19 Last (Abbr.)
21 Dawson of

football
23 Pollex
24 Stare stupidly
25 Vortex
26 Hummus holder
27 Elliptical
28 Regatta entry
32 Ballpark snack
33 Allowing
35 "Caught ya!"
36 Omega preceder
38 Adolescents
39 Wear away
42 Addict
43 Can. prov.
44 Minus
45 Antiquated
46 Greet the villain
48 Inseparable

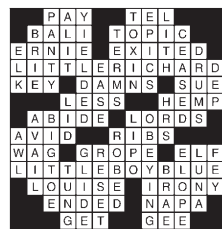
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	3	4	8	2	1	9	6	7
6	1	7	5	9	4	3	8	2
2	8	9	7	6	3	5	4	1
3	7	2	4	8	6	1	9	5
8	9	1	2	7	5	6	3	4
4	6	5	1	3	9	7	2	8
7	2	6	3	5	8	4	1	9
1	5	3	9	4	2	8	7	6
9	4	8	6	1	7	2	5	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Rosemary Oven Roasted Potato Chips

Submitted by Irene Leung, Port Dover, Ont.

INGREDIENTS:

2 medium sized potatoes
2 tbsp olive oil
1 tsp coarse salt
2 tbsp fresh rosemary leaves, roughly chopped
Pepper to taste

METHOD:

1. Wash potatoes and chop the rosemary.
2. Slice the potatoes into thin rounds using a mandolin (if one isn't available, use a vegetable peeler).
3. In a large bowl, mix the oil, rosemary leaves, salt and pepper and toss the potato slices until coated.
4. On 2 baking sheets lined with aluminum foil for easy clean up, spread the potatoes in one layer and bake in a preheated oven at 350 F for about 5 minutes.

6. Flip the potatoes onto the other side, switch the position of the baking sheets on the oven shelves and bake for another 5 minutes.

5. Check to see if the potatoes have browned on both sides. Then repeat the turning-potatoes-and-alternating-the-sheets step, and bake for another 5 minutes or so until potatoes are golden brown and somewhat crispy on the outside.

6. Serve as a snack, or on the side with a hamburger or another main meat dish.

SERVES 2

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES



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Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



Everyday chores may be a pain but Mars will come to your rescue today. Whatever challenges you're called on to face, you will handle them all with ease.

LIBRA

SEPT 23-OCT 23



No matter what mishaps and misunderstandings there may be in other areas of your life, relationships are going rather well at the moment.

TAURUS

APRIL 21-MAY 21



Creatively and romantically this is one of the best times of the year, but it could be better still if you stopped thinking of everyone as a potential rival.

SCORPIO

OCT 24-NOV 22



You don't have to be a saint but you do have to realize that no matter what your problems may be most people would happily trade places with you.

GEMINI

MAY 22-JUNE 21



Life is always fun for those born under the sign of the twins, and even more so now. So don't waste time worrying; your only duty is to be happy.

SAGITTARIUS

NOV 23-DEC 21



The sun in the friendship area of your chart makes it easier to reach goals that depend on others. Being a team player will bring many benefits.

CANCER

JUNE 22-JULY 22



Both at home and at work you are more likely to learn things to your advantage if you use your mouth less and your ears more.

CAPRICORN

DEC 22-JAN 20



Be pleasant to people today. The more you smile and act in a non-threatening manner the more likely it is that important people will look on you kindly.

LEO

JULY 23-AUG 23



Your taste for luxury is legendary, but you will cut back on the good life today as you look around for ways to boost your income.

AQUARIUS

JAN 21-FEB 18



You will make quick work of whatever challenges crop up today — then you can turn your attention to more enjoyable things.

VIRGO

AUG 24-SEPT 22



Looking back a few weeks from now you'll be astonished how much time you wasted on trivial things. Get your act together, and start moving forward.

PISCES

FEB 19-MARCH 20



As Mercury is still moving retrograde you are advised not to trust what you are told by people who may, or may not, have an agenda of some kind.

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This day in history

SEPT. 24, 1950: Forest fires black out the sun over portions of Canada and New England. A blue moon (in the astronomical sense) is seen as far away as Europe.
SEPT. 24, 1957: U.S. president Dwight D. Eisenhower sends 101st Airborne Division troops to Little Rock, Ark., to enforce desegregation.
SEPT. 24, 1990: Periodic Great White Spot is observed on Saturn.
SEPT. 24, 1994: National League for Democracy is formed by Aung San Suu Kyi and various others to help fight against dictatorship in Myanmar.

METRO NEWS SERVICES

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